

Membership Report



November 17, 2009
New Members

Luke Jost
Class SM - GCSAA
Hardwood Hills Golf Course
Alexandria, MN
320-886-1400

Eric Rasmussen
Student
Windsong Farm Golf Club
Independence, MN
320-282-2029

Craig Vigen
Affiliate
Northern Water Works Supply
Fargo, ND
701-293-5511

October 14, 2009
New Members

Sam P. Davis
Class A - GCSAA
Wildwood Country Club
Burlington, ND
701-725-4653

Jesse Trcka
Class C - GCSAA
White Witch Golf Course
Rose Hall St James, Jamaica
876-564-2778

Respectfully submitted,

Jeff Ische
MGCSA Membership Chair

CLASSIFIED ADS

Posted November 25
FOR SALE

2003 Jake 4700 Reelmaster, 7 gang, Canopy, 3300 hours, runs great, no issues at all. We simply found a newer of the same model. \$10,000 OBO.

Also: WANTED
Front deck on a TORO 4000.
Contact: Jason Swanson
Hidden Greens GC
651-295-9771

Posted November 23
SERVICE AVAILABLE

Reel grinding service from Bluff Creek Golf Course. Prices are very reasonable. Call Mike or email now to schedule your reels. All work guaranteed. Email us to receive our grinding flyer with pricing.

Contact: Mike Cohrs
Bluff Creek GC
612-799-0605

Posted November 11
WANTED

Toro Plug Pulverizer 2563
PTO 3-point hitch
Contact: Robert Distel
Wayzata CC
612/801-5503

Posted November 10
FOR SALE

2003 J.D. Fairway mower, sharp reels. \$3,000
Contact: Charlie Schultz
Indian Hills GC
651-770-3091

Posted November 2
FOR SALE

\$900 obo...Thompson salter overseeder spreader
...ebay item #140356064674
\$8,900 obo...Jacobsen HR5111 11ft rotary ...ebay item #140356065471
\$1,750 obo...Tempest 24 Power Blower (portable gas fan) with 5.5 hp Honda ...ebay item #140356065651
\$2,995 obo...Smithco V-Star verticutter slicer ...ebay item #140356065800
\$2,495 obo...Turf Iron greens roller ...ebay item #140356066243
\$3,900 obo...1998 John Deere 3215 A fairway reel mower
...ebay item #140356071144
Contact: Guy W. Leach
Spring Valley Golf Course
715-928-0405

Posted October 29
FOR SALE

1999 Toro RM5200 Fwy mower
3,100 hrs 4wd. Asking \$6,000
2000 Ty-Crop Topdresser. Asking \$3,000
1990 Cushman core harvester, incl. mounting hardware for J.D. Pro Gator. Asking \$1,000. All units serviced, in great shape and ready to work.
Contact: Eric Ritter
Spooner Golf Club
715-635-6438

Posted October 26
FOR SALE

Jacobsen Model 40
3-Pt Blower-\$500.00 or BO,
Bernhard Rapid Facer RF-1000
\$150
Contact: John Koury
Southview Country Club
651-451-1666

Posted October 14
FOR SALE

2 sets of Toro 8 blade reels for 3200 Greensmaster, 10 years old, very little use.
7 sets of Toro reels for 3000 Greensmaster, varying degrees of wear. Give offer for all or some
Contact: Carl Mielke
University of Minnesota
612-624-7148

Posted October 14
WANTED

Rain Bird Par 24 or newer satellite (controller)
Contact: Mike Knodel
Oakdale Golf Club
320-583-9875

Posted October 13
FOR SALE

1986 Cushman 3-wheel Truckster
Fresh paint, runs mint.
\$1,900 or best offer
See ad and photo at:
<http://minneapolis.craigslist.org/ram/rs/1408340553.html>
Contact: Pete Mogren
Oak Glen Country Club
Cell: 651-270-8727
Shop: 651-689-0158

Posted October 6
WANTED

Par Aide Products Co. is looking to local MN superintendents for help in collecting old Par Aide Ball Washers, Ball Washer Pipe and Ball Washer Bases. If you have any of these old products that you would like to get rid of please contact Scott Melling at Par Aide, 651-379-8444 or scott@paraide.com.

Posted September 24
FOR SALE

100+ 1" Brass Quick Coupler Valves with Yellow Vinyl covers.
\$25 each or best offer.
Contact: Al Hanson
Viking Meadows GC
763-229-2691

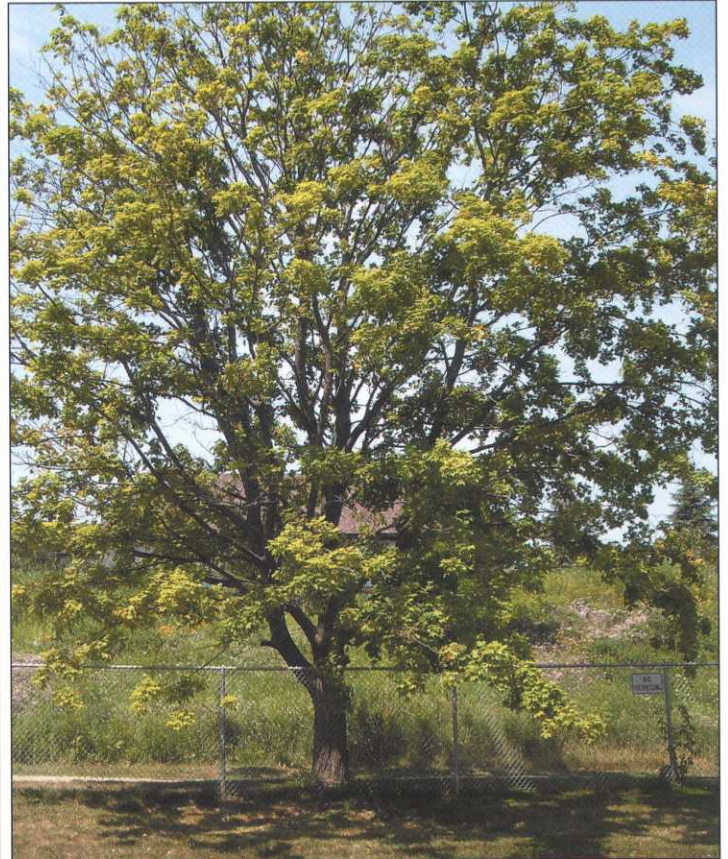
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www.MGCSA.org

In Our Uncertain World What Can We Do To Give Trees Every Advantage?

By JOHN LLOYD, Ph.D.
Rainbow Treecare

One of the more difficult tasks for an arborist is to tell tree owners that it may be time to pull the plug on their tree. More times than not they have an emotional attachment to the tree that has shaded their house for the last half century. This situation will become more prevalent with Emerald Ash Borer joining Dutch Elm Disease and Oak Wilt as chronic issues throughout Minnesota. While losing a tree to these pests and diseases is difficult, at least it is considered an act of nature. It is easier to accept that a tree dies of "natural" causes rather than "unnatural" causes. The more difficult scenario to address is when the cause of death could have been prevented. With a new emphasis on programs in soils and root care, we are coming across many situations of unhealthy trees that could have easily been avoided or remedied early on in the trees life.

The number one preventable tree problem seen in the landscape is girdling and circling roots. Arborists are typically called on site when the foliage of the trees becomes thin and chlorotic. Without examining the tree below the soil line, these symptoms can be mistaken for nutrient deficiencies. By digging down around the base of the trunk with a hand spade it can be determined if the trunk is being restricted by circling roots (*Norway Maple close-up on Page 23*). If we are lucky, there may be only one



Girdling Root Syndrome appears on this Norway Maple.

circling root that can easily be removed. More commonly it is necessary to dig down through two to three layers of roots that are circling the trunk. In situations where girdling has been happening over a longer time span (10 - 15 years), the roots can form a shelf around the base that constricts the trunk keeping it from expanding and may also cut across major support roots for the tree (Shelf of circling roots). This makes for an extremely hazardous tree. When circling roots are suspected and confirmed by an initial examination an expert in root surgery should be called. They are responsible for examining and excising the roots and have the final decision on whether or not the tree is too girdled to continue. An examination and excision of one tree can take between 1-4 hours (Excising circling roots). As with any surgery, aftercare is essential to help enhance the remaining roots that are supporting the tree.

All the research on girdling and circling roots has shown that the problem is directly related to techniques of producing and installing trees. The syndrome is not a natural phenomenon. It can be traced back to circling roots in pot production, to j-rooting of field nursery stock, to deep planting of trees when they are

(Continued on Page 23)

9-5989

A white John Deere truck with a green and white trailer is parked on a golf course. The trailer features an advertisement for GCSAA and John Deere Golf, with the text "Consider us part of your crew." and the John Deere logo. The background shows a lush green golf course with trees and a clear sky.

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Left: Excising roots

Trees-

(Continued from Page 22)

installed, and to inconsistent site preparation at the time of planting. Roots are lazy. They grow where they can easily penetrate the soil substrate and where they can easily obtain resources. In pot production, the resources concentrate along the edge of the pot and so will the roots. With copper and air barriers the roots will stop at the edge, but without, they will circle around the edge of the pot. A similar phenomenon occurs with trees planted in clay without soil modification. The roots will go where there is the least resistance and therefore will concentrate around the edge of the planting hole.

Some roots may eventually make it out beyond the planting hole, but those that are circling will create the problem for the tree as it continues to grow.

The majority of a tree's active root system is in the top six inches of soil where the majority of nutrients and water is available. In sandy and loamy soils the roots will penetrate to the top foot or 12

inches of soil. If primary roots aren't able to access those resources, they will decline, or try to shoot up into that zone of enrichment. In many cases, where primary roots are buried, trees will produce roots from the trunk tissue that is also buried. These roots develop, because the true roots aren't able to support the tree's physiological need for water and nutrients. While these trunk or "epicormic" roots will help the tree survive, they are also prone to breakage, infection and are the most likely to cause girdling of the trunk (epicormic root girdling photo).

This situation can be prevented by making sure that new trees are planted at grade and that any landscape modifications do not mound additional soil of the top of established trees in the landscape.

Researchers have talked about Girdling Root Syndrome (GRS) or Stem Girdling Roots (SGR) at every conference I've attended over the last 15 years. I've been witness to new growing technologies and planting procedures that work to prevent the syndrome (pots with copper and air barriers, bare rooting balled and burlapped trees to find the true root flare, widening the planting hole etc.). I've also been able to assist various local, state and national green industries to revise planting and growing specifications to reduce the risk of circling roots at planting. Yet all too often arborists are called on to sites that were planted just recently (<5 years ago) with trees that have circling roots and were planted too deep. The question is "why"? We have the science that shows us how to avoid the problem, we have the specifications that explain how to properly



Close-up of Girdling Root Syndrome on a Norway Maple.

grow and plant trees, we also have many green industry sponsored educational and training programs that teach how to properly grow, harvest and plant trees to prevent the development of circling roots. We also know that the cost to make changes up front is much cheaper than having to remedy the situations after the fact. So, what else can be done?

There are rumors that some companies are going to start selling trees that are certified circling root free. As arborists, we fully support this effort and hope that it will gain traction industry-wide and will involve design and planting partners. A good root system is only as good as its planting space. Many arboriculture firms in the region are willing to inspect and work with landscapers for the cost of a consult \$100/hour to help ensure that optimal planting specifications are met.

As EAB begins to decimate the ash in our region we will be selling and planting more trees than since the initial days of Dutch Elm Disease. This is an opportunity to prove that we as an industry can provide better products and services to our clients. In the long run it may reduce the need for our root excavation services, but that's a good cost of progress. In 15 years it'd be nice to look back and say that girdling roots are a problem of the past because we implemented the cure!

(Editor's Note: Reprinted with permission from the Minnesota Nursery & Landscape Association" with the article. Dr. Lloyd is the Research and Science Director for Rainbow Treecare. He is also the Director of the Urban Forestry Institute. Photo credits SRG Norway Maple distance. - J. Lloyd, Rainbow Treecare (RTC) SRG Close-up. - J. Lloyd, RTC Excising circling roots.- J. Lloyd, RTC Shelf of circling roots - T. Nelson, RTC)



Shelf of circling roots



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Things You Should Know About Your Chainsaw

Having a sharp blade on a chainsaw not only saves effort and wear on your equipment, but makes using it more safe. Here are some tips for sharpening your own saw.

1) Determine the size or gauge of your saw's chain. You will need to buy either a rotary grindstone or chainsaw file/rattail file that matches your blade. Since there are several sizes of chainsaw teeth, the grindstone or file you choose must be the correct diameter for your saw. Typical sizes are 3/16, 5/32 and 7/32 inches in diameter.

2) Clean the chain thoroughly. You may use mineral spirits or a commercial degreasing detergent to remove oil, dirt, and debris from your chain. Do not flood or get excessive cleaner on the engine or other components, since some of these products can damage the plastic housing or other parts.

3) Inspect the chain for damaged or worn links and teeth. Individual teeth may become chipped, broken, or bent, making them dangerous to use. As a rule of thumb, the top plate (flat surface at the top of cutting teeth) should be at least 1/4 inch in length. If it is worn shorter than this, there is a risk it will break while operating your saw. Any damaged, weakened, or worn chains should be discarded.

4) Set your saw on a solid surface or clamp the bar in a vise. The saw must be stable and the blade must be supported in a stationary manner to file your saw safely and accurately. Clamping the bar in a vise, with the jaws holding the bar and allowing the chain to rotate freely is the ideal method of holding it.

5) Locate the leading cutter. This will be the shortest cutter on the chain. If all of the cutters seem to be the same length, you may start anywhere. The main concern is that you file each cutter so that the flat on top of the cutter is very nearly the same length, so that they each cut away the same amount of wood as they pass through the kerf of your cut. It also may help to mark the first tooth you file with a dab of white out or a permanent marker.

6) Set your file in the notch on the front of the cutter. This is the angled "tooth" on the front of the flat surface of

the chain link. The curve of the file should fit the curve of the face of the cutting tip, and the top of the file should be nearly flush with the top of the tooth.

Hold the file at the same angle that the cutter is ground or filed to begin with. The standard angle is about 25 degrees on most saws. Special "ripping" chains may have a flatter angle, and it is essential to match the angle the chain is originally machined to.

7) Slide the file across the face of the cutter, using a moderate twisting motion to discharge metal chips (filings) that are removed. There is some difference in opinion as to the best direction for pushing the file, but usually you will push the file from the short side of the angle toward the long point. This should leave a smoother cutting surface.

8) Work each tooth with the same angle from one side of the chain around the loop. As you progress around the chain, you will want to spin it so the teeth you are filing are on the flat top side of your bar.

9) Reverse sides of the saw, and proceed around the unfilled teeth angled in the other direction. Keep an eye on the length of each flat top of the cutter. Some manufacturers suggest measuring with calipers to ensure an equal "bite" as the saw is cutting, but if you have a good eye, you should be close enough to get fairly good results.

10) Check the clearance of the rakers (depth gauge), the curved hook shaped links between the cutters. They should clear each cutting edge about one tenth of an inch lower than the cutter. This gauges the amount of chip that the cutter removes on each pass through the wood. A special tool that is laid on top of the blade is available from chainsaw dealers or hardware stores. If the gauge is too high, and must be filed, this tool protects the adjacent tooth as you file the gauge down.

11) File any raker/depth gauges that interfere with the cutter (that are too high) with a flat mill bastard file (not likely to be needed, but possible as a defect).

Oil your chain (saturate/soak with oil), check the tension, and you should be ready to cut once again.

Tips

- Buy the correct size file for your saw.
- It is recommended that after a chain has been hand sharpened five times, it should be ground by a chainsaw shop to correct any variations in tooth pitch that occurred during filing.
- Use a chainsaw file guide to maintain the correct angle of your file stroke when filing your blade.
- Look for wear on the drive links, the blade groove, and sprocket often. Chains can break and cause serious injury or death when operated with worn or damaged parts.

Warnings

- It is recommended to wear gloves and safety glasses during the sharpening process. You are dealing with extremely sharp edges, and without gloves a cut can happen easily. With a hand file, however, safety glasses are not a requirement.
- Do not force the chainsaw file, it could shatter if too much force is applied.
- Sharpened or new chains require correct practices and quality. It is recommended to fully saturate (soak) the cleaned or new chain in the recommended oil.[1]
- Manufacturers recommend checking and readjusting chains often especially when first using a new chain (breaking-in). Oregon recommends checking frequently during the first half hour of use.
- It may not be necessary to use the "brand name" chains as store/distributor brands are made by only a few manufacturers, and most do use the standard designed chains, but original manufacturer's recommend using their own oil, chains and chain bars. Which is to be expected. Use the chain with the correct pitch, gauge, and profile always. As long as these three parameters are correct, you will have no problem.
- Not all chain bars are standard in how they are attached or adjusted, so be sure that those functions will work properly on your saw.
- Caution: For best readjustment adjust when cooled as all chains tend to loosen as they are being used - even after "break-in" - expanding from heat or wear.
- If adjusted while hot, then when cool they will shrink and may bind and not operate until loosened (so that is why they need to be adjusted when cool).

Things You'll Need:

- Chainsaw (rattail) file.
- Flat, mill bastard file.
- File guide or gauge.
- Safety equipment.
- Tools for adjusting your saw chain.
- Cleaner and rags.



The Savory Supe

By Scottie Hines, CGCS
Windsong Farm Golf Club



This tasty little concoction comes from a good friend and hunting pal, Bill Thompson. Best prepared in an electric frying pan but a crock-pot can be used as well. Cook time for the crock-pot is about an hour longer. Bill affirms that this dish will be enjoyed by all. "If my wife will eat it, so will yours!"

Ingredients:

- 6 pheasant breasts
- 16 oz. chicken stock
- 16 oz. cream of mushroom soup
- 1 lb bacon
- 1 small onion, diced
- 2 cloves fresh garlic, finely chopped
- 2 cups chopped celery stalks
- 1 package fresh mushrooms (1 can will work if you are in a hurry)
- 2 boxes instant wild rice (Uncle Ben's has some nice mixes)

Pheasant a la Thompson



In an electric frying pan: Fry the bacon on medium heat until about half cooked. Remove from pan and set aside. Add garlic, celery, onion and mushrooms to pan with bacon remnants and sauté on low

heat until celery is tender and onions are clear (about 5 minutes). Remove ingredients from pan. Cover the bottom of the pan with the half cooked bacon strips. Neatly place the pheasant breasts in a single layer over the bacon. Add the chicken stock and both boxes of wild rice mix with the accompanying flavor packets. Add the vegetables and garlic. Add the mushroom soup. Cover and cook at 250 degrees (or low heat) for about 2 to 3 hours. Note: Do not let this dish boil!

The flavors are much better when cooked in the frying pan as opposed to the crock-pot. If you are opposed to pheasant, chicken will work just as well!

Enjoy, and thanks to Bill!

- Scottie Hines, CGCS
Windsong Farm GC

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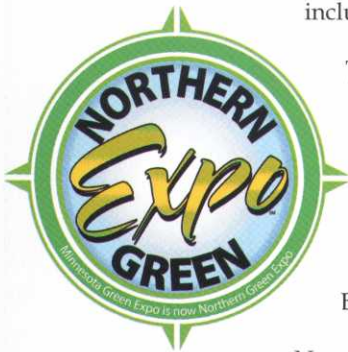
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Education, Trade Show, Networking On Tap at Northern Green Expo Jan. 6-8

The 2010 Northern Green Expo will take place Jan. 6-8 at the Minneapolis Convention Center. The Minnesota Nursery and Landscape Association (MNLA) and the Minnesota Turf & Grounds Foundation (MTGF) are partners in the regional trade show and educational program which targets a broad spectrum of green industry professionals. For registration information visit www.NorthernGreenExpo.org or call 651-633-4987 or toll free 888-886-6652.

The show includes approximately 900 booths/exhibits, networking opportunities, and 90 educational seminars. Highlights of the three-day educational program include:



- Opening Keynote: A Great Time for Business - Jim Paluch, JP Horizons, Inc.
- Plant, Water, Soil Relationships - Nick Christians, Iowa State University
- Aquatic Plants - Mack Cook, Cook Water Farms
- The Garden Center Today - Bill McCurry, McCurry Associates
- Sales Advantage - Matt Norman, Norman and Associates
- Trees in a Changing Climate - Guy

Sternberg, Starhill Forest Arboretum

- Deconstructing the Garden/Exploring the Design Process - Tim Thoelecke, American Academy of Landscape Design
- Fuel-Biodiesel, ULSD, Fixed Price Contracts - Tony Yocum, Yocum Oil Co.
- Developing a Winter Injury Strategy for my Golf Course & Controlling Moss on Putting Greens - David Minner, Iowa State University
- Travels with Terry: Innovative Solutions to Everyday Golf Course Problems - Terry Buchen, Golf Agronomy International
- How to Get the Best from Your Golf Course Staff - Roger Stewart, TPC Twin Cities
- Dealing with High Wear Areas in Sports Turf - David Minner, Iowa State University
- Bark the Beguiling Skin of Trees - William Chaney, Purdue University

For a comprehensive list of seminars and speakers, please visit www.NorthernGreenExpo.org.

The show's audience includes nursery and greenhouse growers; garden center operators; landscape and irrigation contractors; landscape designers; lawn, tree and gardening professionals; golf course and park superintendents; school and cemetery grounds supervisors; sports turf managers; and arborists. Approximately 7,500 green industry professionals are expected to attend from Minnesota, Wisconsin, Iowa, North Dakota, and South Dakota.

Connected by climate-controlled skyway to hotels, restaurants, parking, sports, shopping, theaters, and other attractions, the Minneapolis Convention Center is one of the most exhibitor-friendly facilities in the country.

Northern Green Expo Launches New Website Including Online Vendor Directory

The 2010 Northern Green Expo recently launched a new website with several new features:

- The new site provides an Online Vendor and Product Directory for green industry buyers to quickly find suppliers and products with the click of the mouse. MNLA Executive Director Bob Fitch explains, "We wanted to create a centralized online marketplace where green industry professionals in the north central region can quickly find products and services provided by Northern Green Expo exhibitors. From equipment and vehicles to growing supplies, we'll do our best to help individuals and companies find what they're looking for." The directory is fully searchable by keyword, company name, category and location!
- See Day-at-a-Glance schedules featuring information about speakers and seminars. Full seminar descriptions and speaker biographies will be posted once they become available.
- Read about the latest in Expo News and What's New at Expo for 2010!
- Interested in exhibiting? Find all the pertinent Exhibitor Information and contracts on the new website as well.

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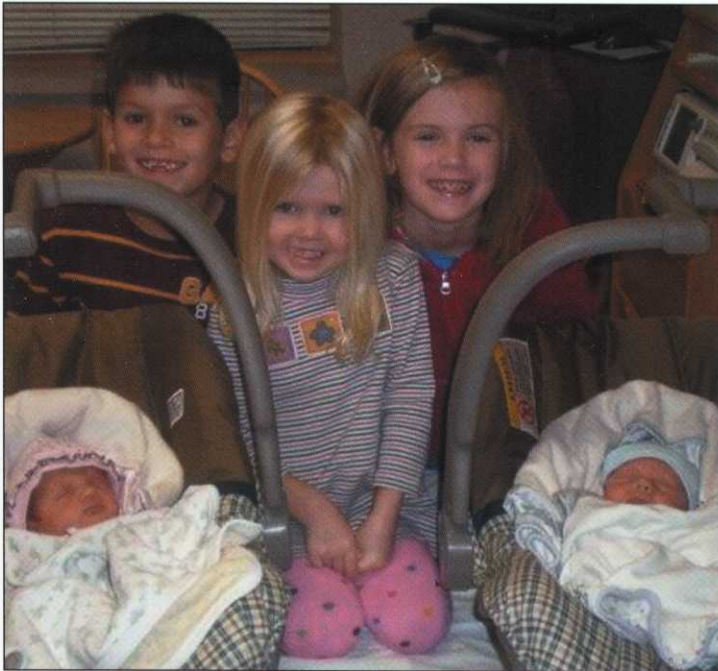
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A SPECIAL HOLIDAY SEASON FOR THE NOLAN'S

Debbie and Pete Nolan, Superintendent at The Meadows at Mystic Lake, announce that they are "Twice Blessed!!" Twins have arrived and, after a long 10-day hospital stay, are now home, healthy and thriving. They were born six weeks early on Thurs., Oct. 29, 2009. At birth, Emily Rose was 5 lbs., 6 ozs. 18.5" long. Benjamin Matthias was 6 lbs., 4 ozs. 18.5" long.

Big brother and sisters are very excited to finally have them home. They already are getting used to holding and feeding them as they did not get to spend any time with them in the hospital.

Thanks to everyone for their thoughts, prayers, and support over the last few months. It means so much to have such good friends and supportive families.

Reinders, Inc. Moves Minneapolis Location to Plymouth, Minn.

Reinders, Inc. has moved its Minneapolis (Brooklyn Center) store to Plymouth, Minn. The new store is located off of I-494 and Highway 55 at 2724 Fernbrook Lane North. The phone number remains the same at 763-503-0200. The new Plymouth store opened on December 1.

Hospitality Night Set for Feb. 10 in San Diego

MGCSA members will gather on Feb. 10 for a night of camaraderie and good times at Dick's Last Resort in San Diego during the Golf Industry Show. A registration form is available at www.mgcsa.org.

At this printing, sponsors include: Duinick Golf; Excel Turf & Ornamental; Hartman Companies, Inc.; Healthy Ponds by Bioverse; MTI Distributing Inc.; Par Aide Products Co.; Plaisted Companies, Inc.; Superior Turf Services Inc.; Syngenta Professional Products; The Tessman Company, and Superior Tech Products.

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Merry Christmas!

By JACK MacKENZIE, CGCS
North Oaks Golf Club
Editor

Merry Christmas! At my house we say Merry Christmas. I am not being disrespectful or apolitically correct, just honest. And if you celebrate Hannukah or Ramadan, then just take my happy exclamation and apply it to your beliefs. For in fact you know what I mean. Kwanzaa isn't a religious event, but if you acknowledge this seven-day remembrance of African culture, then by all means Merry Christmas to you, too!

Yes, Merry Christmas to all!!! It seems that during this time of year I have the opportunity to reflect upon the many blessings I enjoy in my life. Mid-summer is a bad time, as my mind is focused upon self-centered thoughts such as keeping my grass green and green grass playable. But come snow time I often ponder my fortunes.

As a youth I lay awake dreaming about the wondrous gifts wrapped in spectacular fashion under the Christmas tree. Usually I received clothing, books and toys meant to stimulate my mind. But sometimes I'd actually get a present I had been wishing for, perhaps a Sheridan Blue Streak Pellet gun, a toboggan or my favorite model rocket ship.

But today, a bit older and wiser, I appreciate the season as so much more than "gifts for me." I am a very fortunate man. My family is loving and my health pretty good. I thank God that I don't smoke, drink or do drugs anymore. However, I value the lessons I learned when I did. My friends are honest and respect-

ful, my religious beliefs comforting.

I give thanks for, and am hopeful for, continued success with work, family and play. During this lull I remember in detail my relationships and the knowledge I have learned from those who have passed away. My mind tends to wander and wonder about my children's future, my friends who are experiencing bumps in the road of life and those who put themselves in danger for my continued prosperity.

God bless our police force, our fire department and our volunteer military service personnel who are in and out of harms way. You have my utmost respect and I honor your dedication and willingness to protect me as I lead my life in a free America. I wish you all a Merry Christmas.

And at this time of year I am hopeful that addicted persons seek the help they need to become productive members of our society again. I pray for our enemies to appreciate freedom over oppression. And I reflect upon those who have less than I do and who struggle from day to day, searching for a way out of their rut in life. Where there is a will there is a way.

Thankfully I was born in a country that accepts the freedom of decision, the freedom of speech, the freedom of religion and the ability to be political. Fortunately I was raised in a community that values individual thought and those potential opportunities that arise from hard work and dedication. Gratefully, my parents raised me with values that support me on "cruise control" when my mind is elsewhere.

I shout "Merry Christmas" to each of you, my friends and peers. Take this time to celebrate your achievements, reflect upon your challenges and be thankful for the opportunities you have in this great country we share together.

Love your friends, love your family and love yourself. For your self worth and what you give through thought, word and deed are the true presents of life.

The Desiderata

*Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible, without surrender,
be on good terms with all persons.
Speak your truth quietly and clearly; and listen to others,
even to the dull and ignorant; they too have their story.
Avoid loud and aggressive persons;
they are vexations to the spirit.
If you compare yourself with others,
you may become vain or bitter,
for always there will be greater and
lesser persons than yourself.
Enjoy your achievements as well as your plans.
Keep interested in your own career, however humble,
it's a real possession in the changing fortunes of time.
Exercise caution in your business affairs,
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals,
and everywhere life is full of heroism.
Be yourself.
Especially do not feign affection.
Neither be cynical about love;*

*for in the face of all aridity and disenchantment,
it is as perennial as the grass.
Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline, be gentle with yourself.
You are a child of the universe
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.
Therefore be at peace with God,
whatever you conceive him to be.
And whatever your labors and aspirations,
in the noisy confusion of life,
keep peace in your soul.
With all its sham, drudgery and broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.*

by Max Ehrmann